

5

Other Foods



5-1 Description of Other Foods

5-2 Yield Data Table for Other Foods

Other Foods

Description of Other Foods

The foods in this section do not meet the requirement for any component in the meal patterns of the food based menu planning approaches. These items are included since they are frequently used as condiments and seasonings, to round out the meal, to improve acceptability, and to satisfy children's appetites. Because of the calories and nutrients these items contain they are counted in any nutrient analysis.

The calories supplied by these foods help to meet the energy needs of growing children. They also contribute varying amounts of protein, vitamins, and minerals essential to good nutrition. However, many of these foods are high in salt, sugar, or fat. For that reason, you may want to consider carefully how often and in what amount you use them.

The section does not include yields for all of the "other foods" you need in preparing meals. Flour and sugar, for example, are not included since they are never served alone. When purchase units for 100 servings of a food seem inappropriate, such as 100 cups of mustard, Column 5 is left blank.

Foods are designated as "USDA Commodity" or "Market pack" in Column 1. USDA-donated foods are not normally available on the market. Market pack foods are commercially available.

Refer to the Introduction Section for instructions on using Yield Data Tables.

Food Buying Guide for Child Nutrition Programs

Section 5 Other Foods

Section 5—Other Foods

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size	5 Purchase Units for 100 Servings	6 Additional Information
BUTTER, MARGARINE					
Butter	Pound	96.0	1 teaspoon butter	1.1	1 lb = 2 cups
Margarine	Pound	96.0	1 teaspoon margarine	1.1	1 lb = 2 cups
CATSUP (KETCHUP)					
Catsup (Ketchup) <i>Tomato</i>	No. 10 can (115 oz)	11.4	1 cup catsup	--	1 No. 10 can = about 11-1/2 cups
	No. 10 can (115 oz)	183.0	1 tablespoon catsup	0.60	
	20 oz bottle	32.0	1 tablespoon catsup	3.2	
	Pound	1.6	1 cup catsup	--	
CHILI SAUCE					
Chili Sauce	No. 10 can (113 oz)	12.9	1 cup sauce	--	
	19 oz bottle	2.2	1 cup sauce	--	
	Pound	1.8	1 cup sauce	--	
COCONUT					
Coconut, fresh <i>In shell</i>	Pound	2.7	1 cup shredded or grated coconut	--	1 lb in shell = about 0.48 lb (2-3/4 cups) shredded or grated ready-to-serve
Coconut, frozen <i>Shredded</i>	Pound	5.8	1 cup coconut	--	
Coconut, dried <i>Flakes</i>	Pound	5.1	1 cup coconut	--	
Coconut, dried <i>Shredded</i>	Pound	4.9	1 cup coconut	--	

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CREAM					
Cream, fresh <i>Light</i>	1 quart	64.0	1 tablespoon cream	1.6	
Cream, fresh <i>Heavy Whipping</i>	1 quart	128.0	1 tablespoon whipped cream	0.79	Volume doubles when whipped
	1 pint	64.0	1 tablespoon whipped cream	1.6	
CREAM CHEESE					
Cream Cheese	Pound	15.6	2 tablespoons cheese	6.5	
EGG PRODUCT					
Egg Product, frozen Egg Whites	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
Egg Product, frozen Egg Yolks	Pound	7.51	1/4 cup portion	13.4	1 lb frozen = about 1-5/8 cups thawed
FISH, SURIMI					
Fish, Surimi, frozen	Pound	10.8	1/4 cup thawed surimi	9.3	1 lb AP = 0.98 lb ready-to-use, thawed surimi (about 2-3/4 cups)
	Pound	15.7	1 oz thawed surimi	6.4	
	Pound	10.4	1-1/2 oz thawed surimi	9.7	
FROZEN DESSERTS					
Frozen Desserts Ice cream Ice milk <i>Sherbet - Brick</i>	1 quart	8.0	1 slice (1/2 cup)	12.5	
	1 gal	32.0	1/2 cup portion	3.2	
Frozen Desserts Ice cream Ice milk Sherbet Frozen yogurt <i>Bulk</i> <i>Hardened or Soft serve</i>	1 gal	64.0	1/4 cup portion	1.6	

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HOMINY					
Hominy, canned	No. 10 can (105 oz)	46.9	1/4 cup hominy	2.2	1 can = about 68 oz drained
	No. 2-1/2 can (29 oz)	12.9	1/4 cup hominy	7.8	1 can = about 19 oz drained
	No. 300 can (15-1/2 oz)	6.3	1/4 cup hominy	15.9	
HONEY					
Honey Strained	Pound	1.4	1 cup honey	--	
	Pound	22.3	1 tablespoon honey	4.5	
JAMS, JELLIES and PRESERVES					
Jams, Jellies and Preserves	1 gal	16.0	1 cup jam	--	
	1 gal	256.0	1 tablespoon jelly	0.40	
	1 quart	4.0	1 cup jam	--	
	1 quart	64.0	1 tablespoon jam	1.6	
	Pound	1.4	1 cup jam	--	
	Pound	22.6	1 tablespoon jam	4.5	
KETCHUP (see CATSUP)					
MILK, DRIED					
Milk, dried Whole Regular	Pound	14.2	1 cup reconstituted	--	4.5 oz (1 cup) dry plus 3-1/2 cups water = about 1 qt fluid whole milk
	Pound	3.5	1 cup dry milk		
Milk, dried Nonfat Instant	Pound	20.0	1 cup reconstituted milk	--	3.2 oz (1-1/3 cups) dry plus 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	6.6	1 cup dry milk		

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MILK, DRIED (continued)					
Milk, dried <i>Non-instant</i> <i>USDA Commodity</i>	Pound	20.0	1 cup reconstituted milk	--	3.2 oz (3/4 cup) dry plus 3-3/4 cups water = about 1 qt fluid skim milk
	Pound	3.7	1 cup dry milk		
MILK, EVAPORATED					
Milk, Evaporated, canned	No. 10 can (97 oz)	12.0	1 cup concentrated milk	--	To reconstitute, add 1 part evaporated milk with 1 part water
	13 fl oz can	1.6	1 cup concentrated milk	--	
MUSTARD					
Mustard <i>Prepared</i>	1 gal (about 142 oz)	16.0	1 cup mustard	--	
	1 gal (about 142 oz)	256.0	1 tablespoon mustard	0.40	
	1 quart (about 35 oz)	64.0	1 tablespoon mustard	1.6	
	Pound	1.8	1 cup mustard	--	
PICKLE RELISH					
Pickle Relish	1 gal (about 147 oz)	16.0	1 cup relish	--	1 gal = about 58 oz drained (about 8 cups)
	1 gal (about 147 oz)	256.0	1 tablespoon relish	0.40	
	1 quart (about 35 oz)	64.0	1 tablespoon relish	1.6	
	Pound	1.8	1 cup relish	--	
PORK					
Pork, fresh Pig Ears <i>Lobe off</i> <i>Square cut</i>	Pound	15.6	1 oz cooked pig's ear	6.5	1 lb AP = 0.98 lb cooked pig's ears
	Pound	10.4	1-1/2 oz cooked pig's ear	9.7	

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PORK (continued)					
Pork, fresh Pig Feet <i>Front</i> (Like IMPS #420)	Pound	0.64	1 oz cooked pig's feet	156.3	1 lb AP = 0.04 lb cooked, skinned, boned meat
	Pound	0.42	1-1/2 oz cooked pig's feet	238.1	
Pork, fresh Pig Feet <i>Hind</i> (Like IMPS #420A)	Pound	0.32	1 oz cooked pig's feet	312.5	1 lb AP = 0.02 lb cooked, skinned, boned meat
	Pound	0.21	1-1/2 oz cooked pig's feet	476.2	
PORK, MILD CURED					
Pork, Mild Cured, chilled or frozen Bacon <i>Slices</i> <i>Precooked</i>	Pound	116.0	bacon slices per pound	0.87	1 lb AP = 0.86 lb cooked bacon (about 6 cups thawed, cooked and chopped)
Pork, Mild Cured, chilled or frozen Bacon <i>Slices</i> <i>Raw</i>	Pound	23.0	bacon slices per pound	4.4	1 lb AP = 0.38 lb cooked bacon (about 5 cups chopped)
Pork, Mild Cured, chilled or frozen Ham Hocks <i>Cured and Smoked</i> (Like IMPS #560)	Pound	0.32	1 oz cooked ham hocks	312.5	1 lb AP = 0.02 lb cooked meat from ham hocks
	Pound	0.21	1-1/2 oz cooked ham hocks	476.2	
POPCORN, POPPED					
Popcorn, Popped	48 - 1 oz individual packages	136.7	1/4 cup popped	0.74	1 oz pkg = about 2-1/4 cups
	Pound	68.3	1/2 cup popped	1.5	1 lb dry = about 34-1/4 cups
	Pound	45.5	3/4 cup popped	2.2	
	Pound	34.1	1 cup popped	3.0	
POTAO CHIPS					
Potato Chips	Pound	32.0	1/2 ounce chips (about 1/2 cup)	3.2	

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POTATO STICKS					
Potato Sticks	Pound	32.0	1/2 ounce sticks (about 3/8 cup)	3.2	
PUDDING					
Pudding, canned Ready-to-serve Butterscotch, Chocolate, Vanilla, etc.	No. 10 can (112 oz)	47.9	1/4 cup pudding	2.1	1 can = about 12 cups ready-to-serve pudding
	No. 10 can (112 oz)	23.9	1/2 cup pudding	4.2	
SALAD DRESSINGS					
Salad Dressings French, Mayonnaise, Mayonnaise type	1 gal	16.0	1 cup dressing	--	
	1 gal	256.0	1 tablespoon dressing	0.40	
	1 quart	4.0	1 cup dressing	--	
	1 quart	64.0	1 tablespoon dressing	1.6	
SYRUPS					
Syrups Cane, Corn, Maple, Molasses, etc.	1 gal (about 128 oz)	16.0	1 cup syrup	--	
	1 gal (about 128 oz)	128.0	2 tablespoon syrup	0.79	
	1 quart	4.0	1 cup syrup	--	
	1 quart	32.0	2 tablespoons syrup	3.2	
VEGETABLES FOR SEASONING					
Vegetables for Seasoning, dried Celery Flakes	Ounce	1.3	1 cup dry flakes	--	For flavor, use 1 oz dry in place of 11.3 oz (2-2/3 cups) fresh chopped celery
	Pound	21.6	1 cup dry flakes	--	
Vegetables for Seasoning, dried Chives Freeze-dried Flakes	Ounce	2.8	1 cup flakes	--	For flavor, use 1 oz dry in place of 14.7 oz (8-2/3 cups) fresh chopped chives
	Pound	46.2	1 cup flakes	--	

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VEGETABLES FOR SEASONING (continued)					
Vegetables for Seasoning, dried Garlic <i>Minced</i>	Ounce	2.6	1 tablespoon garlic	--	For flavor, use 1/4 tsp. dry in place of 2 cloves fresh minced garlic
	Pound	42.0	1 tablespoon garlic	--	
Vegetables for Seasoning, dried Mixed vegetables <i>Flakes</i>	Ounce	7.2	1 tablespoon flakes	--	
	Pound	7.8	1 cup flakes	--	
Vegetables for Seasoning, dried Onions <i>Chopped</i>	Ounce	6.0	1 tablespoon onions	--	For flavor, use 1 oz dry in place of about 9.1 oz (1-1/2 cup) fresh chopped onion
	Pound	5.2	1 cup onions	--	
Vegetables for Seasoning, dried Onions <i>Minced</i>	Ounce	6.0	1 tablespoon onions	--	
	Pound	4.5	1 cup onions	--	
Vegetables for Seasoning, dried Onions <i>Flakes</i>	Ounce	6.0	1 tablespoon flakes	--	
	Pound	7.6	1 cup flakes	--	
Vegetables for Seasoning, dried Parsley <i>Flakes</i>	Ounce	21.8	1 tablespoon flakes	--	For flavor, use 1 oz dry in place of about 2.9 oz (4 cups) fresh chopped parsley
	Pound	20.6	1 cup flakes	--	
Vegetables for Seasoning, dried Pepper, Green or Red <i>Flakes</i>	Ounce	11.3	1 tablespoon flakes	--	For flavor, use 1 oz dry in place of about 8.8 oz (1-2/3 cups) fresh chopped green pepper
	Pound	11.3	1 cup flakes	--	

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YEAST					
Yeast <i>Active Dry</i>	Pound	3.1	1 cup yeast	--	1 package (1/4 oz) = about 1 tablespoon
Yeast <i>Compressed</i>	Pound	25.2	1 cake yeast	--	1 cake (5/8 oz) = 1 package; (1/4 oz) active dry yeast